



## October 2018 Newsletter

### WELCOME

With the flowers and shrubs in full bloom, spring has sprung. Attributed to Ogden Nash his poem is an all time favourite...Spring is sprung, the grass is ris. : : I wonders where the birdies is. : : They say the birds is on the wing. : : Ain't that absurd? : : I always thought the wing was on the bird. So...get out and about, shake off the winter chill and explore this beautiful place where we live.

### NEXT MONTHLY MEETING

**Friday 19th October 2018**

**Time:** 10:00 am to 12:00 noon

**Venue:** Rotary Hall, Hamilton Green,  
Hastings River Drive, Port Macquarie.

**Guest Speaker:** Jill Drury, Telling My Story

### NEW COMMITTEE FOR 2018/2019

At the September meeting we held our AGM. It is usually scheduled for October, but moved forward due to the Support Group Leader meeting with Parkinson's NSW.



The Committee comprises:

President...Gregg Faulkner

Vice President...Peter Fienieg

Secretary...Carol Brazel & Ass't ...Sue Faulkner

Treasurer...Mike Crook & Ass't...Margaret Couzens

Committee members...Jenny Wall (Welfare) & Jean Crook (Hospitality).

Ex-officio members...Roslyn Stone Carers Group & Allan Rapley Resource Library.

### IN MEMORY OF MEMBERS WHO HAVE PASSED



This year has been one for sad goodbyes to some of our members. We especially remember the recent loss of Peter King who was one of our founding members. Many members attended his funeral service as a mark of respect and to say goodbye.

As well this year, we remember Valda Snowden, Peter Wall, Andy Neal, Verna Martin, Richard Bowler, Nanceia Watts, Margaret Jeffries and Margaret Bowman for their gentle spirits and loving nature.

Our Support Group has a strong focus on bringing people together in a safe space to share common life experiences. We care for all members, those living with Parkinson's, their carers and families. We respect those who have passed away and continue to embrace and support our members after their loss.

Our focus is to continue to support all members through providing an opportunity to share challenges and to ensure they know they are not alone.

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## PARKINSON'S PUNCHING CHALLENGE



The Port Macquarie Boxing Club conduct a fitness session for those living with Parkinson's and partners.

**At:** Challenge Fitness, in the Port Home Zone Complex on Hastings River Drive.

**When:** Friday mornings starting at 10am and on the 3rd Friday of the month (our meeting day) starting at 9am.

**Cost:** No cost, however a donation to support the Boxing Club would be appreciated.

**Trainer:** Dean Groth—Boxing Australia Director of Coaching.

Build strength, movement and agility. The group needs more participants. For more details talk with Gregg Faulkner, or Brian McCabe (two of our members who regularly attend the boxing).



## SOMETHING TO MAKE YOU LAUGH

Have you ever wondered what the codes are that are being used when texts are sent. Well...here's your chance to show them we've still got it.

### SENIORS TEXTING CODE:

ATD: At The Doctors  
 BFF: Best Friend Fell,  
 BTW: Bring the Wheelchair,  
 BYOT: Bring Your Own Teeth,  
 FWIW: Forgot Where I Was,  
 GGPBL: Gotta Go Pacemaker Battery Low,  
 GHA: Got Heartburn Again,  
 IMHO: Is My Hearing-Aid On,  
 LMDO: Laughing My Dentures Out,  
 OMMR: On My Massage Recliner,  
 OMSG: Oh My! Sorry, Gas,  
 ROFLACGU: Rolling On Floor Laughing And Can't Get Up  
 TTYL: Talk To You Louder.

BMH- Broke My Hip	OMMR- On My Massage Recliner
TOT- Texting On Toilet	ROFLACGU- Rolling On The Floor Laughing, Can't Get Up
LOL- Little Old Lady	TTML- Talk To Me Louder
LMDO- Laughing My Dentures Out	BTW- Bring The Wheelchair
DWI- Driving While Incontinent	ATD- At The Doctors
FWIW- Forgot Where I Was	BYOT- Bring Your Own Teeth
CBM- Covered By Medicare	WTF- Wet The Furniture Again
HGBM- Had Good Bowel Movement	WNWO- Walker Needs Wheel Oil
WAITT- Who Am I Talking To?	OMSG- Oh My! Sorry, Gas.
BFF- Best Friend's Funeral	GGPBL- Gotta Go, Pacemaker Battery Low
GHA- Got Heartburn Again	FMI- Found My Insulin
IMHO- Is My Hearing-Aid On?	BFF- Best Friend Fell

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If you are interested in looking at and/or purchasing these items please call Gordon Watts on 0408 821 758.



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INFORMATION, EDUCATION AND SUPPORT

## TIMESLIPS—CREATIVE STORYTELLING

This method of storytelling allows meaningful moments with and for people with memory loss. Timeslips opens storytelling to everyone by replacing the pressure to remember with encouragement to imagine.

Run by a certified Timeslips facilitator, Lisa Hort, this creative program aims to connect people, share stories and encourage social opportunities in a fun, relaxed and enjoyable environment. If you are interested in finding out more contact Lisa on 04290838 254 or email her at [lisaatt@hotmail.com](mailto:lisaatt@hotmail.com)

## HEALTH AND WELL-BEING

Here is some information from Parkinson's NSW.

### Our InfoLine tip of the month

Last month we mentioned that we would be featuring a tip from the Nurses on our Infoline. We want to remind everyone that the InfoLine (**1800 644 189**) is staffed by health professionals and is the first point of call for any questions you might have. Our Registered Nurses can help you gain a better understanding of Parkinson's, give advice, and provide the latest research. We can also point you in the right direction for services and other supports in your local area.

Here's our tip for the month: **I have Parkinson's. I am going in to hospital for surgery in a month. What do I need to do?**

Make sure your surgeon is aware of your Parkinson's. Your neurologist also needs to be aware of your impending surgery and any medications that you may need either prior or during surgery. Patients are restricted from eating and drinking at certain times during hospitalisation for surgery (also commonly known as being 'nil by mouth'). However, you still need to have your Parkinson's medication. This is another reason why it is important for your neurologist to be informed of your surgery, in case some adjustments need to be made to your medication.

In particular, remember to inform your surgeon and the anaesthetist that you cannot have **Stemetil or Maxalon**. This is most important as these two medications are often given with premedication and post-operatively for nausea.

For further information, phone and speak to one of our Registered Nurses on the Parkinson's NSW InfoLine. It is a free call to: 1800 644 189.

### Boosting quality of life through counselling

Parkinson's is not only a group of physical symptoms. It can also involve psychological symptoms such as depression, anxiety, stress and apathy. These are not just a result of Parkinson's, but an integral part of the disease itself caused by biochemical changes in the brain.

Counselling can definitely help. Research shows it can assist by decreasing psychological disturbances, reducing cognitive decline and improving overall quality of life.

"A diagnosis of Parkinson's can have a knock-on effect. It has an impact on the person experiencing Parkinson's, but other important relationships may also change as partners and friends are thrust into new roles," said Juan Pedraza, a Parkinson's NSW Counsellor with more than eight years of experience in different countries.

"Relatives, friends and carers can be emotionally affected as they learn how to adapt to new circumstances and changes in home and social routines. That's why it helps to involve all close family members and friends – along with the person living with Parkinson's – in counselling." Together, these people form an intimate support network. With the right support from a qualified counsellor, they can adapt to providing ongoing support at home and in social activities. This support can include assistance with medication, practical day-to-day assistance like driving or navigating public transport, and of course the all-important emotional support.

Evidence shows that family support for people living with Parkinson's helps to reduce levels of stress, apathy, depression and anxiety. Parkinson's NSW can provide phone and face-to-face counselling for anyone who is touched by Parkinson's. Simply make a free call to the Parkinson's NSW InfoLine on 1800 644 189 to request a referral to one of our qualified and experienced counsellors.

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INFORMATION, EDUCATION AND SUPPORT

## 2018/2019 SUPPORT GROUP COMMITTEE

PRESIDENT	Gregg Faulkner	M: 0149 438 194	E: gregg@greggf.com
VICE PRESIDENT	Peter Fienieg	P: 6584 6008	E: rm_senior@yahoo.com.au
SECRETARY	Carol Brazel	E: secretary@parkinsonspmj.org.au	
ASS'T SEC & NEWSLETTER	Sue Faulkner	P: 0411 100 814	E: sue@suefaulkner.com
TREASURER	Mike Crook		
ASS'T TREASURER	Margaret Couzens		
COMMITTEE MEMBERS	Jean Crook (Hospitality)	Jenny Wall (Welfare) P: 6516 2272	
EX-OFFICIO MEMBERS	Roslyn Stone (Carers Group)	Allan Rapley (Resource Library)	

## ABOUT THE PORT MACQUARIE PARKINSON'S SUPPORT GROUP

### MONTHLY GENERAL MEETINGS



Members, guests and anyone with an interest in Parkinson's disease are always welcome. You can bring a plate of goodies to share at cuppa time. Meetings are held on the 3<sup>rd</sup> Friday of each month from 10am to 12 noon.

### CARERS SUPPORT GROUP

Are you a Carer of someone living with Parkinson's? We have formed a small informal group to socialise and share information and offer each other support. Please talk with a Roslyn Stone or committee member for more information.



### SUPPORT GROUP RESOURCE LIBRARY

We have a range of books, CD's, DVD's, board games and electronic games for you to take home and read or use. These are displayed at each monthly meeting. Please return books and items, making sure you sign the book back in and sign out new loan items. Please see Allan or a committee member if you have any questions.

### OTHER ACTIVITIES AVAILABLE TO SUPPORT GROUP MEMBERS

#### DANCING WITH PARKINSON'S

Join the group on Wednesday mornings at the Rotary Hall, Hastings River Drive. From 9:30am to 11:00am, cost is \$2.50 per person per session. Please wear enclosed leather-soled shoes for safety. New members are always welcome. See Shiela and Russell for more information.



#### PD WARRIOR PROGRAM

PD Warrior provided through Sports and Spinal Physiotherapy Clinic. The Grange Family Medical Centre on Lake Road, near the Private Hospital. You can phone them on 6584 5379 or 11/ 16 Laurie St, Laurieton NSW 2443 on 6559 7500 for an initial assessment.

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